The newsletter by **2050 HEALTHCARE**

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WITH YOU IN EVERY STEP OF HEALING

CARECONNECT

Volume 2 Issue V

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Understanding and Managing **Autoimmune & Autoinflammatory Arthritis**

Empowering Lives Through Informed Care

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MESSAGE *from* LEADERSHIP

Mr. Rajesh Ram Mishra
(Chairman, 2050 Healthcare)

This May, as we observe **Autoimmune & Autoinflammatory Arthritis Awareness Month,** we are reminded of the millions silently battling the daily challenges of these complex conditions. From chronic joint pain and fatigue to emotional distress and social limitations, arthritis affects more than just joints—it affects lives.

At **2050 Healthcare,** we recognize the growing need for comprehensive care and ongoing support for individuals affected by autoimmune and autoinflammatory forms of arthritis, including Rheumatoid Arthritis, Juvenile Idiopathic Arthritis, and Ankylosing Spondylitis.

Our multidisciplinary approach involves **expert rheumatologists, orthopedic doctors, trained physiotherapists,** and skilled support staff working together to provide patient-centered care. Through **advanced diagnostics, personalized treatment plans, specialised therapies, and lifestyle counseling,** we strive to reduce the burden of disease and improve long-term outcomes. Our home-based services ensure that even those with mobility challenges receive consistent, compassionate care.

Awareness is the first step toward change. We encourage our community to recognize early signs, seek timely care, and support those living with these invisible conditions. Let's work together this month—and beyond—to make arthritis care more accessible, compassionate, and effective.

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Autoinflammatory Arthritis *Vs* Autoimmune Arthritis

Autoinflammatory arthritis and autoimmune arthritis both originate from immune system dysfunction, but the key difference lies in the part of the immune system that is affected:

AUTOINFLAMMATORY ARTHRITIS

- Caused by problems in the **innate immune system**—your body's first line of defense against infections like bacteria, viruses, and fungi.
- Symptoms often appear **without an actual infection.**
- There are **no specific antibodies** involved like in autoimmune arthritis .
- Treatment focuses on **calming the overactive immune response** and reducing inflammation.

AUTOIMMUNE ARTHRITIS

- Involves the **adaptive immune system,** which usually fights off specific germs.
- In these conditions, the body **mistakenly attacks its own healthy tissues,** especially joints.
- The body produces **antibodies that target its own joints,** leading to ongoing inflammation and damage.
- Treatment aims to **suppress the immune** attack and protect the joints from long-term damage.

While both types cause inflammation and joint issues, the source of the problem within the immune system is different. Knowing the type of arthritis helps doctors choose the right treatment strategy for better outcomes.

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COMMON SYMPTOMS TO WATCH OUT FOR

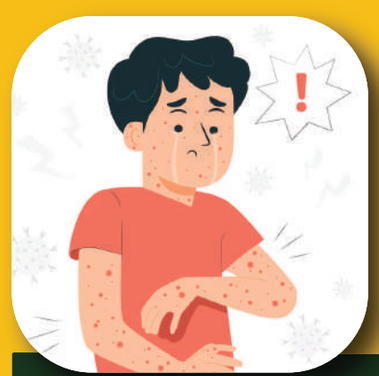
EARLY DETECTION IS KEY

1

Persistent joint pain and stiffness especially in the morning.

2

Swelling, redness, or warmth in joints indicating active inflammation.



3

Fatigue, fever, or skin rashes (especially in autoinflammatory conditions).

4

Muscle weakness or reduced grip strength, making daily tasks difficult.

WELLNESS MYTH BUSTED

MYTH

Only older adults get arthritis.

FACT

There are certain kinds of arthritis that begin in childhood or young adulthood.

MYTH

Exercise worsens arthritis.

FACT

Controlled, therapist-guide d exercise can reduce stiffness and improve function.

DID YOU KNOW

Autoinflammatory arthritis is often misdiagnosed as infection due to recurring fevers and inflammation.

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Doctor's Corner

Dr. Rajat Vishwakarma (Pt), Senior Physiotherapist

How does arthritis affect daily life?

Arthritis can significantly impact daily activities by causing joint pain, stiffness, fatigue, and reduced mobility. Simple tasks like walking, dressing, climbing stairs, or gripping objects may become difficult. Over time, it can affect independence, emotional well-being, and overall quality of life—making early diagnosis and a holistic management plan essential.

What is the role of supportive & long-term care management in arthritis?

Managing autoimmune and autoinflammatory arthritis requires a multidisciplinary, patient-centered approach that combines medical treatment with holistic care. Medications such as DMARDs, biologics, corticosteroids, and NSAIDs are used to control inflammation and prevent joint damage. Alongside this, lifestyle modifications like following an anti-inflammatory diet, managing stress, and maintaining good sleep hygiene are crucial. Regular physiotherapy helps preserve joint mobility, reduce pain, and prevent deformities. Continuous monitoring and timely adjustments in treatment ensure long-term effectiveness. Mental health support is also vital, as chronic conditions can impact emotional well-being. Together, these strategies provide comprehensive, long-term care focused on both physical and mental health.

What lifestyle changes support arthritis treatment?

Managing arthritis isn't just about medication. A joint-friendly exercise plan, weight control, an anti-inflammatory diet, quitting smoking, stress reduction, and proper sleep is often recommended. These can reduce flares and enhance the effectiveness of your treatment.

How therapists help in Arthritis Management?

The Therapist's Role in Arthritis Management include:

Physiotherapists: Design individualized exercise plans for strength and mobility.

Occupational Therapists: Help patients adapt daily activities and use assistive devices.

Dietitians: Create a tailored anti-inflammatory diet plan to help manage symptoms.

Psychologists: Provide cognitive-behavioral therapy and chronic pain coping techniques.

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Celebrating International Nurses Day

"Heart of Healing, Hands of Care"

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We are one of **India's leading chain of rehabilitation centers** providing you with the best rehabilitation facilities such as:

- **Post Stroke Rehabilitation**
- **Neurological Rehabilitation**
- **Cardiopulmonary Rehabilitation**
- **Orthopaedic Trauma Rehabilitation**
- **Sports Injury / Spine Rehabilitation**
- **Paediatric Rehabilitation**
- **Oncology Rehabilitation**
- **Liver/Biliary Rehabilitation**

Home Healthcare Services	**Day Care Procedures**	**Long Term Acute Care**	**Speech & Swallow Lab**
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Corporate Office

#460, 12th Cross, MCHCES Layout, Thanisandra Main Road
(Near Manayata Tech Park), Bengaluru-560077

Registered Office

Office No- 525, Idco Info Park, DLF Cyber City,
Patia, Bhubaneswar, Odisha 751024

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info@2050healthcare.com +91-898 898 0202 www.2050healthcare.com

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